



Troy Family Aquatic Center (TFAC) 3425 Civic Center Drive

The Troy Family Outdoor Aquatic Center will open for its 17th season Memorial Day weekend and will remain open through Labor Day. The Aquatic Center features a main pool with a zero-depth edge, tube and body slides, a kiddie area that includes a waterfall, slide and spray area, sand volleyball, sand play area, and concession area.

Troy Family Aquatic Center Hours 2009

(subject to change)

Opens Memorial Day Weekend

Fri, May 22 (Free Admission) 3-7:30 pm
Sat, Sun, Mon May 23-25 11 am-7:30 pm

Hours vary May 27 – TBD and at the end of the season. Look for specific times in the Summer Troy Today.

Regular hours begin - date TBD

Monday-Thursday 11 am-8 pm
Friday-Sunday 11 am-7:30 pm

Passes and Fees

Season Pass: Allows entry for the entire season during open swim. The purchase of a season pass does not guarantee admission if the facility is at capacity.

- For a child's pass, proof of guardianship is required. Children under three (as of May 1, 2009) are free.
- Proof of residency (MI) driver's license/State ID/ School ID or Birth Certificate are required to purchase all passes.
- Immediate family members must be living at the same address as the head of household and age 23 or younger unless dependency can be proven via the most recent Federal Tax Statement.



See the Spring *Troy Today* for prices. Passes will go on sale beginning March 19 and you will receive two free guest passes if purchased before May 22.

Visit us online: www.troymi.gov/parksrec

Call for more details: 248.524.3484

Employment

Positions include Lifeguards, Swim Instructors, and Cashiers. Apply at Parks and Recreation, 3179 Livernois or call 248.524.3484 for details. See page 85 for more info. Print an application online at www.troymi.gov/HR/JobOpenings. Interviews are done in early to mid-February.

Classes/Special Events

Classes such as swim lessons and American Red Cross Guardstart and Lifeguarding are offered. Special Events are held throughout the summer. For days and times, see listings in the next issue of *Troy Today*.

Parties/Groups/Rentals

Call 248.524.3484 for more information about rentals. Reservations accepted beginning March 2009.

School Groups – June 5

TFAC is available for school groups on June 5 from 11 am - 3pm at \$4/person. Call 248.524.3484 to reserve your spot.

Group Rates

Special rates for groups of 20 or more are \$6 per resident, and \$7 per non-resident.

Exclusive Rentals

The entire facility may be rented for your own event. The facility is available Monday-Thursday from 9 pm-12 am, and Friday-Sunday from 7:30 pm-12 am.

Celebrate Your ½ Birthday with Us!

Do your kids have a winter birthday? Celebrate their ½ birthday this summer at TFAC.

Our birthday package comes with everything but the guests!

Package includes:

- Invitations
- Park admission
- Choice of lunch
- Paper products
- Drink
- Cake and ice cream
- Goody bags

Reservations are taken in early March.

**For more information please contact us
at 248.524.3484.**



Troy Community Center Indoor Pool

3179 Livernois: 248.524.3484

The indoor aquatics area includes lap lanes, slides, a leisure pool with water toys and a therapy pool offering varied hours for different activities and ages. Programs include aquacise, swim lessons and other youth and adult classes. Rentals and birthday parties are also available to residents and non-residents.

Important Pool Rules

- Children under 10 must be directly supervised in the water by an individual 16 or older.
- Appropriate and approved swim attire is required.
- Children who are not toilet trained must wear tight-fitting plastic pants over an approved swim diaper.
- Showers are required prior to entry.
- Flotation devices and toys may not be brought into the pool.
- A complete list of rules is available at the administration desk.

Birthday Party Information on page 45.

Special Events

These events are held at the Community Center indoor pool.

Noodle Days

January 10, February 1, March 7

1-4 pm

Come during open swim for noodle day! There will be water games and noodles. Regular entry fees apply.

Family Fun Days

January 18, February 14, March 1

2-5 pm

Come during open swim and bring the entire family! There will be water games, noodles, and inner tubes available. Regular fees apply.

More Special Pool Parties: see pages 37.

Indoor pool events are available online for registration. Please refer to page 87 for details!

Family Nights: 2nd Saturday of the month (see page 36).

Water Wave Aerobics

Looking for a workout without wear and tear on your body? This class is geared toward individuals that want an aerobic workout in the water. The benefits of this class focus on increased fitness, wellness, and enhanced flexibility.

Location: Community Center leisure pool

Session: Jan 2-Mar 12

Act #	Day(s)	Time	Fee
113021A	T/TH	7-7:50 pm	\$100
113021B	M/W/F	10:05-10:55 am	\$140
113021C	M/W	9-9:50 pm	\$100
113021D	Sat	9:05-9:55 am	\$50

Private and Semi-private Swim Lessons now available!

Fees:

Private one half hour: \$35

Private hour: \$60

Semi-private (2 - 4 participants) for an hour: \$45 per person

Semi-private package of 3 sessions: \$120 per person

Attention Scout Leaders!

Scout leaders can reserve a time during open swim for your group to get basic safety info or cover badge requirements. A fun outing for the group! **Instructor Fee:** \$10/hour per 10 participants

Entry Fee: Regular rates and policies apply

For more information call 248.524.3484.

Gentle Aquatic Exercise for Seniors

Gentle to your joints water exercise for seniors and others who need a gentler workout. Enter the water at zero-depth edge. This class is held in the lap pool, not the therapy pool. Water temperature is approximately 82-84 degrees.

Instructor: Jennifer Wendland

Location: Troy Community Center indoor pool

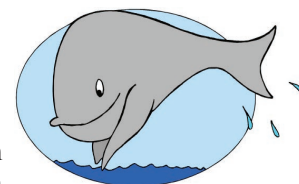
***Session: Jan 5-Mar 12 (Weeks: 10)**

Act #	Days	Time	Fee*
118978A	Mon	9-9:50 am	Free
118978B	T/TH	9-9:50 am	Free
118978C	T/TH	10-10:50 am	Free

*This program is Sponsored by HAP. Please *do not* take a spot if you go to Florida for several weeks. Use a daily pass instead.

Whales Tales Safety Program

A friendly whale teaches important water safety skills through video with easy phrases such as "Swim with a buddy in a supervised area." After the video, participants will practice what was on the video in an aquatic environment. Be sure to bring a swimsuit and towel.



Location: Troy Community Center indoor pool

Act #113033

Sec	Day	Time	Date	Ages	Fee
A	Sat	3-5 pm	Jan 24	3-5	\$10
B	Fri	6:30-8:30 pm	Feb 6	6-9	\$10
C	Wed	9-11 am	Feb 18	Under 3 w/parent	\$10

Schools and Scout Groups: Bring the Whales Tales Program to you! A Community Center Staff Member may be available to come to your classroom or meeting location. Call 248.524.3484 for prices and availability.

Winter Indoor Pool Schedule – January 5 - March 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap/ Therapy Swim 6-8:45 am	Adult Lap/ Therapy Swim 6-8:45 am	Adult Lap/ Therapy Swim 6-10 am	Adult Lap/ Therapy Swim 6-8:45 am	Adult Lap/ Therapy Swim 6-10 am	Adult Lap/ Therapy Swim 8-9 am	Adult Lap/Therapy Swim 9 am-Noon (2 lanes available)
Swim Lessons 9-11 am	Swim Lessons 9-11 am	Swim Lessons 9-11 am	Swim Lessons 9-11 am	Swim Lessons 9-11 am	Swim Lessons 8:15-11:30 am	Swim Lessons 9-11:30 am
Water Wave Aerobics 10-10:50 am	Senior Aqua 9-11 am	Water Wave Aerobics 10-10:50 am	Senior Aqua 9-11 am	Water Wave Aerobics 10-10:50 am	Water Wave Aerobics 9:05-9:55 am	
Half Pint Swim 10-10:45 am	Half Pint Swim 10-10:45 am	Half Pint Swim 10-10:45 am	Half Pint Swim 10-10:45 am	Half Pint Swim 10-10:45 am		
Adult Lap/ Therapy Swim 11:30 am - 2:30 pm	Adult Lap/ Therapy Swim 11:30 am - 2:30 pm	Adult Lap/ Therapy Swim 11:30 am - 2:30 pm	Adult Lap/ Therapy Swim 11:30 am - 2:30 pm	Adult Lap/ Therapy Swim 11:30 am - 2:30 pm	Open Swim/ No Lap 11:30 am - 6 pm	
					Family Night 2nd Saturday of the month 5-8 pm	Open Swim/ No Lap Noon - 5 pm
Preschool Lessons 12:30-2:30 pm	Preschool Lessons 12:30-3 pm	Adult Lessons 1:45-2:30 pm	Homeschool Lessons 11:30 am -3 pm	Preschool Lessons 12:30-3 pm		
Swim Lessons 4-6:30 pm	Open Swim 4-6:50 pm	Swim Lessons 4-6:30 pm	Open Swim 4-6:50 pm	Swim Lessons 4-6:30 pm		Swim Lessons 5-7 pm
Open Swim 6:30-8:55 pm	Water Wave Aerobics 7-7:50 pm	Open Swim 6:30-8:55 pm	Water Wave Aerobics 7-7:50 pm		Rentals & Special Events 6-10 pm	
	Swim Lessons 7-8:45 pm		Swim Lessons 7-8:45 pm	Open Swim 6:30-9:30 pm		
Adult Lap/ Therapy Swim 9-9:50 pm (1 lane)	Adult/Teen Lessons 8:45-9:30 pm	Adult Lap/ Therapy Swim 9-9:50 pm (1 lane)	Adult/Teen Lessons 8:45-9:30 pm			

Classes may take place during Open Swim.

During Open Swim one lap lane will be available during the week .



Pool Schedule Key

Passholder Swim Times

- Adult Lap Swim:** Ages 18 and older. Lap lanes are available for lap swim. See open swim description for additional lap swim times.
- Half Pint Swim:** Leisure swim is open for toddlers and their parents/adult supervisor. Adult must enter water with child.
- Adult Therapy Swim:** Ages 18 and older. The therapy pool is also open during all open swims for adults.
- Open Swim:** All ages welcome. Children under 10 must be directly supervised in the water by an individual 16 or older. The leisure and slide areas will be open. Adults have use of the therapy pool and at least one lap lane (Monday-Friday).

Class Swim Times (shaded in schedule above)

Swim Lessons and Exercise Classes: You must register and pay separately for these programs. See pages 40-44 for more information.

Holiday Open Swim Hours

Nov 28	6-11 am (adult lap and therapy) 11 am-5 pm (open swim)
Dec 24	8-10 am (adult lap and therapy) 10 am-1:30 pm (open swim)
Dec 31	6-11 am (adult lap and therapy) 11 am-5 pm (open swim)

Additional Swim Times

November 12, 13	1:45-3:45 pm
November 26	11:30 am-9 pm
December 22, 26, 29, Jan. 2	11:30 am-9 pm
December 23, 30	11:30 am-6:50 pm
January 19, 23	1:45-3:45 pm
February 16, 18, 20	11:30 am-9 pm
February 19, 21	11:30 am-6:50 pm
March 12	1:45-3:45 pm

Preschool Swim Lessons – \$47/session

Test day for new students: Saturday, November 29 from 9-10:30 am. Instructor ratio is 1:6 for classes without parent, and 1:15 for Parent and Tot and Parent and Infant classes. **Instructors:** Community Center Staff **Location:** Community Center Indoor Pool Participants must furnish towels and suits. All fees are separate from passes.

Class Descriptions

Parent and Infant (6 months - 18 months) Adult participation is required. Introduce your child to the water. Participating adults will learn holding positions, cues, safety skills, and emergency prevention.

Parent and Tot (19 months - 3 years) Adult participation is required. This class is an extension of the Parent and Infant class.

One Fish (3-5 years) For children ready to participate in lessons on their own. Basic swimming skills such as blowing bubbles, basic arm and leg movements, and water safety will be taught.

Two Fish (3-5 years) Learn beginner stroke, glides, and water safety.

Red Fish (3-5 years) Improve beginner stroke, floats, glides, introduce other swimming strokes, and water safety.

Blue Fish (3-5 years) Continues to develop beginner stroke, continue learning other strokes, water safety, and improve endurance.

Gold Fish (3-5 years) Focus on front crawl, back crawl, breaststroke, elementary backstroke, water safety, and improve endurance.

Holiday Lessons

Holiday Evening Session:

T/ TH starts Thur

Dec 11 - Jan 13

No class 12/25 and 1/1

Act #: 113011

- A Parent/Inf 6:50-7:20 pm
- B Two Fish 6:50-7:20 pm
- C Red Fish 6:50-7:20 pm
- D One Fish 7:25-7:55 pm
- E Blue Fish 7:25-7:55 pm
- F Parent/Tot 7:25-7:55 pm

Holiday Morning Session

Dec 22, 23, 26, 27, 29, 30,

Jan 2, 3 (No class 12/25 and 1/1)

Act #: 113017

- A One Fish 9:15-9:45 am
- B Blue Fish 9:15-9:45 am
- C Two Fish 9:50-10:20 am
- D Red Fish 9:50-10:20 am
- E Parent/Inf 10:25-10:55 am
- F Red Fish 10:25-10:55 am
- G Parent/Tot 11-11:30 am
- H One Fish 11-11:30 am

4 Week Classes- M/W

Session 1: Jan 19-Feb 11

Act #: 113012

- A One Fish 9-9:30 am
- B Two Fish 9:30-10 am
- C Red Fish 10-10:30 am
- D Parent/Inf 10-10:30 am
- E Parent/Tot 10:30-11 am
- F One Fish 4-4:30 pm
- G Red Fish 4:30-5 pm
- H Two Fish 5-5:30 pm
- I Blue Fish 5:30-6 pm
- J Parent/Inf 5:30-6 pm

- K Parent/Tot 6-6:30 pm
- L Red fish 6-6:30 pm
- M One Fish 6-6:30 pm

Session 2: Feb 23-March 18

Act #: 113013

- A One Fish 8:30-9 am
- B Red Fish 9-9:30 am
- C Two Fish 9:30-10 am
- D Parent/Inf 10-10:30 am
- E Parent/Tot 10:30-11 am
- F Red Fish 4-4:30 pm
- G Blue Fish 4:30-5 pm
- H Two Fish 4:30-5 pm
- I One Fish 5-5:30 pm
- J Two Fish 5:30-6 pm
- K Parent/Inf 5:30-6 pm
- L Parent/Tot 6-6:30 pm
- M Red Fish 6-6:30 pm

4 Week Classes-T/TH

Session 1: Jan 20-Feb 12

Act #: 113015

- A One Fish 9-9:30 am
- B Two Fish 9:30-10 am
- C Red Fish 10-10:30 am
- D Blue Fish 10:30-11 am
- E Parent/Inf 6:50-7:20 pm
- F One Fish 6:50-7:20 pm
- G Blue Fish 6:50-7:20 pm
- H Red Fish 7:25-7:55 pm
- I Two Fish 7:25-7:55 pm
- J Parent/ Tot 7:25-7:55 pm

Session 2: Feb 24-March 19

Act #: 113016

- A Red Fish 9-9:30 am
- B Blue Fish 9:30-10 am
- C Two Fish 10-10:30 am
- D One Fish 10:30-11 am
- E Parent/Inf 6:50-7:20 pm

- F Two Fish 6:50-7:20 pm
- G Red Fish 6:50-7:20 pm
- H One Fish 7:25-7:55 pm
- I Blue Fish 7:25-7:55 pm
- J Parent/ Tot 7:25-7:55 pm

8 Week Classes

Mondays: Jan 12-March 9

No class 2/16

Act #: 113031

- A Blue Fish 12:30-1 pm
- B One Fish 1-1:30 pm
- C Red Fish 1:30-2 pm
- D Two Fish 2-2:30 pm

Tuesdays: Jan 13-March 10

No class 2/17

Act #: 113032

- A Two Fish 1-1:30 pm
- B Red Fish 1:30-2 pm
- C One Fish 2-2:30 pm
- D Parent/Tot 2:30-3 pm

Fridays: Jan 9-March 6

No class 2/20

Act #: 113018

- A Red Fish 8:30-9 am
- B One Fish 9-9:30 am
- C Two Fish 9:30-10 am
- D Parent/ Tot 10-10:30 am
- E Parent/Inf 10:30-11 am
- F Blue Fish 12:30-1 pm
- G One Fish 1-1:30 pm
- H Two Fish 1:30-2 pm
- I Red Fish 2-2:30 pm
- J Parent/Tot 2:30-3 pm
- K One Fish 4-4:30 pm
- L Red Fish 4-4:30 pm
- M Two Fish 4:30-5 pm
- N Blue Fish 4:30-5 pm
- O Two Fish 5-5:30 pm

- P Parent/Inf 5:30-6 pm
- Q One Fish 5:30-6 pm
- R Red Fish 6-6:30 pm
- S Parent/Tot 6-6:30 pm

Saturdays: Jan 10-March 7

No class 2/21

Act #: 113019

- A One Fish 8:15-8:45 am
- B Two Fish 8:15-8:45 am
- C Red Fish 8:50-9:20 am
- D One Fish 8:50-9:20 am
- E Blue Fish 9:25-9:55 am
- F Parent/Inf 9:25-9:55 am
- G Parent/Tot 10-10:30 am
- H One Fish 10-10:30 am
- I Red Fish 10:30-11 am
- J One Fish 10:30-11 am
- K Two Fish 11-11:30 am
- L Parent/Tot 11-11:30 am

Sundays: Jan 11-March 8

No class 2/22

Act #: 113029

- A Two Fish 9:15-9:45 am
- B Red Fish 9:45-10:15 am
- C One Fish 10:20-10:50 am
- D Blue Fish 10:55- 11:25 am
- E Red Fish 10:55-11:25 am
- F One Fish 11:25-11:55 am
- G One Fish 5-5:30 pm
- H Red Fish 5-5:30 pm
- I Parent/Inf 5-5:30 pm
- J Two Fish 5:35-6:05 pm
- K Parent/Tot 5:35-6:05 pm
- L Blue Fish 6:10-6:40 pm
- M One Fish 6:10-6:40 pm
- N Parent/Tot 6:10-6:40 pm

See special note box on page 43 regarding swim lessons.

Youth Swim Lessons - \$59/session

Test days for new students: Saturday, November 29 from 9 - 10:30 am. Children will be tested to allow parents to register them in the proper class. **Ratio:** 1:8 **Instructors:** Community Center Staff **Location:** Indoor Community Center Pool

Class Descriptions

All classes are in accordance with American Red Cross instruction. It is necessary to pass each level before progressing. Please bring Red Cross cards to the first class. All classes are for children 6 years and older.

Level 1-Water exploration for children who have little or no experience in the water. This class entails water safety, breath holding, arm strokes, kick, and supported floats.

Level 2-Primary skills for children who can put their face in the water. This class will work on floats, beginner stroke, and water safety.

Level 3-Emphasis on rhythmic breathing, arm stroke and kick for front and back crawl. Will introduce butterfly kick and treading water.

Level 4-Perfect front and back crawl. Introduce elementary backstroke, breaststroke, sidestroke, survival float and advanced water safety.

Level 5-Perfect front and back crawl, elementary backstroke, breaststroke, introduce sidestroke, butterfly, and flip turns.

Level 6-Focus on perfecting all strokes and improving endurance. Students learn CPR, rescue breathing, and other beginner lifeguarding skills.

***Level 7**-A competitive swim class that will focus on stroke perfection and endurance, not an American Red Cross class. **Fee: \$71**

Holiday Lessons

Evening Session: Dec 11 - Jan 13

T and TH starts on TH

No class 12/25 and 1/1

Act #: 113008

A	Level 2	7-7:45 pm
B	Level 4	8-8:45 pm
C	Level 1	8-8:45 pm
D	Level 6	8-8:45 pm
E	Level 3	8-8:45 pm
F	Level 5	8-8:45 pm
G	Level 7*	6:45-8 pm

Holiday Morning Session

Dec 22, 23, 26, 27, 29, 30, Jan 2, 3

No class 12/24 and 12/25

Act #: 113006

A	Level 1	9:10-9:55 am
B	Level 4	10-10:45 am
C	Level 6	10-10:45 am
D	Level 3	10-10:45 am
E	Level 2	10:45-11:30 am
F	Level 5	10:45-11:30 am
G	Level 4	10:45-11:30 am
H	Level 7*	8-8:45 am

4 week Classes - M/W

Session 1: Jan 19-Feb 11

Act #: 113001

A	Level 1	4-4:45 pm
B	Level 2	4-4:45 pm
C	Level 3	4-4:45 pm
D	Level 4	4:50-5:35 pm
E	Level 5	4:50-5:35 pm
F	Level 3	4:50-5:35 pm
G	Level 1	5:40-6:25 pm
H	Level 2	5:40-6:25 pm

I	Level 4	5:40-6:25 pm
J	Level 6	5:40-6:25 pm

Session 2: Feb 23-March 18

Act #: 113002

A	Level 1	4-4:45 pm
B	Level 3	4-4:45 pm
C	Level 2	4-4:45 pm
D	Level 4	4:50-5:35 pm
E	Level 1	4:50-5:35 pm
F	Level 6	4:50-5:35 pm
G	Level 5	5:40-6:25 pm
H	Level 3	5:40-6:25 pm
I	Level 2	5:40-6:25 pm
J	Level 4	5:40-6:25 pm

4 Week Classes- T/TH

Session 1: Jan 20-Feb 12

Act #: 113009

A	Level 2	7-7:45 pm
B	Level 1	8-8:45 pm
C	Level 3	8-8:45 pm
D	Level 4	8-8:45 pm
E	Level 5	8-8:45 pm
F	Level 6	8-8:45 pm

Session 2: Feb 24-March 19

Act #: 113010

A	Level 1	7-7:45 pm
B	Level 2	8-8:45 pm
C	Level 3	8-8:45 pm
D	Level 4	8-8:45 pm
E	Level 5	8-8:45 pm
F	Level 6	8-8:45 pm

8 Week Classes

Thur Homeschool: Jan 15- March 5

No class 2/19

Act #: 113014

A	Level 1	11:30 am -12:15 pm
B	Level 2	12:20-1:05 pm
C	Level 3	1:10-1:55 pm
D	Level 4	2-2:45 pm

Fridays: Jan 9-March 6

No class 2/20

Act #: 113004

A	Level 1	4-4:45 pm
B	Level 2	4-4:45 pm
C	Level 4	4-4:45 pm
D	Level 1	4:50-5:35 pm
E	Level 5	4:50-5:35 pm
F	Level 3	4:50-5:35 pm
G	Level 4	5:40-6:25 pm
H	Level 6	5:40-6:25 pm
I	Level 2	5:40-6:25 pm
J	Level 3	5:40-6:25 pm
K	Level 7*	4-5:15 pm

Saturdays: Jan 10-March 7

No class 2/21

Act #: 113005

A	Level 2	8:15-9 am
B	Level 1	9:05-9:50 am
C	Level 2	9:05-9:50 am
D	Level 5	9:55-10:40 am
E	Level 4	9:55-10:40 am
F	Level 3	9:55-10:40 am
G	Level 1	10:45-11:30 am
H	Level 3	10:45-11:30 am
I	Level 6	10:45-11:30 am
J	Level 4	10:45-11:30 am
K	Level 7*	11:30 am-12:45 pm

Sundays: Jan 11- March 8

No class 2/22

Act #: 113003

A	Level 1	9:15-10 am
B	Level 6	9:15-10 am
C	Level 2	10:05-10:50 am
D	Level 5	10:05-10:50 am
E	Level 3	10:55-11:40 am
F	Level 4	10:55-11:40 am
G	Level 7*	11:45 am-1 pm
H	Level 1	5-5:45 pm
I	Level 4	5-5:45 pm
J	Level 3	5-5:45 pm
K	Level 2	5-5:45 pm
L	Level 5	5:50-6:35 pm
M	Level 6	5:50-6:35 pm
N	Level 2	5:50-6:35 pm
O	Level 3	5:50-6:35 pm

See page 40 for Private Lesson information.

NOTE:

For all swim lessons:

There is no make-up class for the first class that is cancelled due to inclement weather or unforeseen circumstances.

Refunds for swim classes must be requested at least five days prior to the class start date. There is a \$10 service fee for all refund requests.

Online registration is available beginning December 3 for swim classes; see procedures on pages 86-87.

American Red Cross Lifeguard Instructor Class

Develop skills needed to be a lifeguard instructor. Upon successful completion of the course, students will receive an American Red Cross Lifeguard Instructor certification. Must be 17 years old.

Location: Troy Community Center indoor pool

Session: Jan 25-March 1

Act#	Day	Time	Fee
113028A	Sun	11 am-5 pm	\$280

American Red Cross Lifeguard Class

This class is for ages 15 and older who are interested in becoming a certified lifeguard. Participants will learn how to anticipate accidents in aquatic areas, prevent drowning and accidents, execute rescues and assists, and provide rescue and emergency care. Upon successful completion of the course, participants will receive both an American Red Cross Lifeguard and CPR certificates. Positions may be available at the Community Center Indoor Pool when class is complete.

Location: Community Center Indoor Pool

Act#143040

Sec	Day	Time	Dates	Fee
C	Varies	10:30 am-3:30 pm	Dec 22,23,26,27,29,30	\$160
D	Varies	4-9 pm	Dec 22,23,26,27,29,30	\$160

Act#113024 - *no class 2/21

A	Sun	1-6 pm	Jan 11-Feb 15	\$160
B	Sat	4-9 pm	Jan 24-March 7	\$160*
C	M-F	8 am-4 pm	Feb 16-20	\$160

American Red Cross Classes

Ultimate Junior Lifeguard Guardstart Program

Do you wonder what it takes to be a lifeguard? Get in on the action! Students ages 11-15 will be taught basic CPR skills, water rescues, and will have the opportunity to shadow with a real lifeguard. Although students will not be lifeguard certified, they will be more prepared to take the Lifeguard Course when they are age 15. Participants will receive a whistle, lanyard, and a lifeguard shirt.

Location: Troy Community Center indoor pool

Act#113025 - *No class 2/21

Sec	Day	Time	Dates	Fee
A	Varies	1-3 pm	Dec 22, 23, 26, 27, 29, 30	\$50
B	Sat	2-4 pm	Jan 17-Feb 28	\$50*
C	M-F	4-6 pm	Feb 16-21	\$50

NOTE: For all swim classes:

There is no make-up class for the first class that is cancelled due to inclement weather or unforeseen circumstances.

Refunds for swim classes must be requested at least five days prior to the class start date. There is a \$10 service fee for all refund requests.

Online registration is available beginning December 3 for swim classes; see procedures on pages 86-87.



Adult/Teen Swim Classes

Fee: \$59 (Tuesdays and Thursdays)

Beginners: For individuals who have the desire to learn the lifelong skill of swimming. Participants will develop skills such as proper breathing, kicking, floatation and propulsion techniques, and help each participant put together a beginner stroke. The benefits of this class focus on improved safety habits and confidence in the water.

Intermediate: For individuals that have the desire to develop the skills needed to do front crawl, back crawl, and other advanced strokes. Participants must be able to float and do beginner stroke before entering this class. The benefits of this class focus on enhanced confidence in the water and improved fitness.

Advanced: For individuals that are accomplished at swimming various strokes and can swim a minimum of two laps without stopping. Participants will learn proper use of the pace clock, turns, perfect stroke technique, and increase endurance. The benefits of this class focus on improved fitness and knowledge of working out in an aquatic environment.

Holiday Session:

Dec 11-Jan 13 (T/TH) Starts TH

No class 12/25 and 1/1

Act #: 113026

A	Beg	8:50-9:35 pm
B	Int	8:50-9:35 pm
C	Adv	8:50-9:35 pm

Session 1: Jan 20-Feb 12 (T/TH)

Act #:113027

A	Beg	8:50-9:35 pm
B	Int	8:50-9:35 pm
C	Adv	8:50-9:35 pm

Session 2: Feb 24-March 19 (T/TH)

Act #: 113027

D	Beg	8:50-9:35 pm
E	Int	8:50-9:35 pm
F	Adv	8:50-9:35 pm

8 week session: Jan 14-March 4 (Wed)

Act #: 113027

G	Beg	1:45-2:30 pm
H	Int	1:45-2:30 pm